

Adult Recreation Sports Standings

Softball

Women's (as of 7/15)		
Team	W	L
Santee Blue	10	1
How About Tank Tops	9.5	1.5
HEAT	6.5	4.5
In the Zone	6.5	4.5
Al's Sport Shop	5.5	4.5
Triple "R" Enterprises	2	8
Girls Night Out	2	8
Ms. Fits	0	10

Men's A (as of 7/16)		
Team	W	L
Paleozoics	9	2
Grand Stand Sports Bar	7	4
American Renais. Ins.	5	6
Enerdyne	5	6
B.F.E.	5	7
Al's Sport Shop	4	7
HEAT	4	7

Men's B/C (as of 7/13)		
Team	W	L
Asplundh	9	2
Above the Law	9	3
No Fear	7.5	3.5
Lizards	6	5
ARS	4	7
Pure Flo Piranha	2.5	8.5
Pharis Landscape	1	10

Men's D (as of 7/12)		
Team	W	L
Drew Ford Col. Center	9	1
Top Notch Landscaping	8	3
Comer Brothers	8	3
B-52 Bombers	6	5
Arrow Construction	5	6
Grumpy Old Jox	4	7
River Boys	3	7
Team S.A.	3	7
The Rebels	2	9

CoRec A (as of 7/10)		
Team	W	L
Team NOC	8.5	1.5
Poculators	8.5	1.5
Frozen Rope	7	3

Sports Photography, Inc.	5	5
Santana Hair Co.	4	6
Seeing Double	3	7
We Should Be in "D"	2	8
Bay City Electric	1	9

CoRec B (as of 7/12)		
Team	W	L
Valle de Oro Outlaws	7.5	2.5
Bad Dogs	7	3
En Fuego	5.5	4.5
"A" League Crushers	5	5
D&H Trucking Equip.	4.5	6.5
Friends & Neighbors	4	6
Hotshots	2.5	8.5

CoRec C (as of 7/15)		
Team	W	L
Mamas & Papas	10	1
West Coast Raingutters	8	2
Come On Babe	7	4
He Said She Said	6	4
Truly Nolen	3	7
Ranch House Wranglers	1	9
Olsen Photography	1	9

CoRec D (as of 7/11)		
Team	W	L
Longshots	9	1
Bogart's	8	2
Blue Thunder	6	4
Krazy w/Kids	6	4
Strange Bedfellows	5.5	4.5
Sliders	3	7
KAOS	2.5	6.5
CoCo's	2	7
Just 4 Fun	2	8

Basketball

(as of 7/15)		
Team	W	L
Brunei Bombers	4	0
Air Express	3	1
Colorado Koolade	2	2
Cougars	1	3
Those Guys	1	3
The Grizwolds	1	3

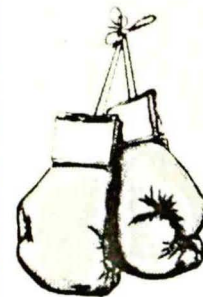
Volleyball

(as of 7/13)		
Team	W	L
C & D	2	1
Magic Touch	2	1
Safe Set	1	2

Set to Spike		
Team	W	L
Dang It	3	0
It's Yours	2	1
No Leapers	2	1
Old Glory	1	2
Slime Dink	1	2

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Tuesday, July 28, 1998

Vol. 50, No. 98

Sports Fitness Recreation

Tuesday
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THE LEMON GROVE

REVIEW

Martial Arts in East County

What they are and who
teaches them

by Steven Saint

The story goes that a Chinese boxer found himself constantly beat by fighters with superior styles, so he quit and took up meditation.

One day in the temple garden, he observed a praying mantis tackling a grasshopper. He noticed that the mantis would strike at its larger, heavier opponent and then quickly retreat before the grasshopper could strike back.

Wong Long took the mantis home and continued to study its fighting methods. Armed with a new style of fighting, he went back on the circuit and started beating his old rivals.

Numerous legends recount the origin of martial arts with contemplative monks learning how to fight from watching animals. The number of styles and schools in the modern martial arts world would make Noah's head spin.

Generally speaking, there

are two categories into which martial arts fall: internal (or "soft") and external ("hard").

Internal arts, such as kung fu, focus on channeling internal energy and deflecting an attacker from a defensive stance.

Hard, external arts, such as karate, emphasize muscle conditioning and striking out with explosive force.

Generally speaking, kung fu studios are quiet and karate classes are loud.

These two basic approaches were developed by many different Asian peoples, the three most dominant being Chinese, Japanese and Korean.

In East County, there are masters teaching the whole spectrum, from slow and graceful tai chi (Chinese internal art) to taekwando kickboxing (Korean external). Many studios mix styles, drawing from internal and external arts and combining techniques from



East County Taekwando Master Paul LeBlanc takes a little heat from kickboxing Launa Parra.

different countries.

Kung fu is primarily an internal martial art. It was developed in China (Buddhist monks studying the crane, dragon, leopard, tiger and snake) and has three main styles: Tai Chi Chuan, Hsing-I and Ba Gua (also spelled Pa Kua).

Tai chi has a number of styles, but generally consists of slow, sequential movements called "forms." It is believed that a slow execution of the form is beneficial for health and well-being.

Quicker, lower execution of tai chi movements can be used for self-defense.

Hsing-I (pronounced "shing-EE") was developed in the 12th Century after the properties of metal, wood, fire, earth and water. It is a quick, powerful defensive system.

Ba Gua is a form of kung fu that uses circular, rather than linear, movements. Lots of footwork here, with emphasis on developing

Continued Page 3

Sheriffs seek seniors for Volunteer Patrol Academy

The San Diego County Sheriff's Department, which serves Lemon Grove, Spring Valley, Mount Helix, Casa De Oro and Rancho San Diego has announced it is accepting applications for the upcoming Volunteer Patrol Academy. This innovative program offers exciting opportunities for senior citizens (age 55 and older) to serve on the Volunteer Sheriff's Patrol.

As a member of the Volunteer Patrol Program (VPP) duties will include assisting at public presentations of Crime Prevention Programs, enforcing handicapped parking violations and assisting the Sheriff's Department in emergency disaster situations. VPP Members also participate in The YANA Program (You Are Not Alone), providing a significant link for the homebound and their families.

Volunteers are also called upon to assist with traffic control and to provide citizen assistance offering information or directions. Volunteers also perform vacation security checks and patrol specified areas of the county in clearly marked VPP vehicles.

A member of VPP must be at least 55 years of age and be a United States Citizen or Legal Alien who has applied for citizenship. A volunteer must also be physically and emotionally able to perform the duties of the position. A volunteer must possess a valid California Driver's License, have medical and automobile insurance and be a person of good moral character.

Conviction of a felony will disqualify an applicant. Because VPP members have access to confidential and sensitive information all applicants are required to undergo a background screening process, which includes a computer check of driving and criminal history, as well as an oral interview.

If you are interested in joining VPP or information regarding the program, contact the Volunteer's Office at 441-4100 or 441-4720.

Lemon Grove Fire Log

July 5, 1998

8100 blk. Lemon Grove Way. Vehicle fire.
EB Hwy 94/Spring St. Person down.
8000 blk. Broadway Ave. Fall.
1600 blk. 69th St. Burn victim.

July 6, 1998

7000 blk. Central Ave. Chest pains.
2200 blk. Massachusetts Ave. Chest pains.
100 blk. 69th St. Vegetation fire.
9400 blk. Avenida Acero. Medium wildland fire.
3200 blk. Main St. Bleeding.
3200 blk. Harris St. Person down.
2000 blk. Skyline Dr. Attempted suicide.
3700 blk. Massachusetts Ave. Difficulty breathing.
3500 blk. Foursome Dr. Motorcycle accident.

July 7, 1998

1900 blk. Madera St. Fall.
3200 blk. Main St. Evaluate for the Sheriff.
2200 blk. Massachusetts Ave. Abdominal pains.
3200 blk. Olive St. Medical aid.
3300 blk. Buena Vista Ave. Back pain.
7500 blk. Church St. Ringing alarms residential.
Federal Blvd./College Ave. Person down.
6400 blk. Skyline Dr. Assault victim.
7900 blk. Palm St. Seizure.
7300 blk. Broadway Ave. Chest pains.
1100 blk. Evelyn St. Residential structure fire.

The Lemon Grove Review

(USPS NO. 309-840)

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Contributing writers: Cheryl Cohen,
Greg Eichelberger, Michael Krawczak,
Joe Naiman, Paul Treske,
Betty Jo Tucker

Submissions

Letters, editorial and photo submissions are welcome, but will not be returned to sender unless accompanied by self-addressed, stamped envelope.

Material can be sent via e-mail at the following address: ysenr@adnc.com.

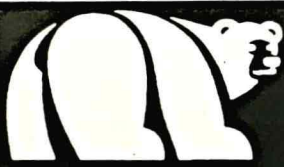
All materials must be received by the Monday preceding the date of publication. The editor reserves the right to edit all submissions.

Advertising

All advertising is subject to current rate card. The publisher reserves the right to reject an advertiser's order.

Only publication of an advertisement shall constitute final acceptance.

Send all correspondence to: Forum Publications, Inc., P.O. Box 127, Lemon Grove, CA 91946



1998 Member
California Newspaper
Publishers Association

Nominees sought for California Desert District Advisor Council

The Bureau of Land Management (BLM) is seeking nominations for five Southern Californians with an interest and knowledge of the California desert and its natural resources to serve on BLM's California Desert District Advisory Council for the 1999-2001 three-year term.

The council is comprised of 15 members who represent the broad range of public land use interests in the California desert. The council advises BLM Acting California Desert District Manager Tim Salt on policies and programs for the 10 million acres of public lands BLM manages throughout Southern California.

The five positions to be filled include one public-at-large, one non-renewable resources, one elected official representative and two recreation representatives. Four council members are eligible for reappointment. The elected official representative, who represents county government interests on the council, will retire Dec. 31. Council members serve three-year terms and may be nominated for reappointment for an additional three-year term.

Any group or individual may nominate a qualified person. Individuals also may nominate themselves. For making nominations, contact BLM public affairs at (909) 697-5217/5220, or write to the address below and request a copy of the nomination form.

Nominations must include the name of the nominee; work and home addresses and telephone numbers; a biographical sketch that includes the nominee's work and public service record, applicable outside interests that qualify him or her for the position and the specific category of interest in which the nominee is best qualified to offer advice to the BLM.

All nominations must be accompanied by letters of reference from represented interests or organizations. Nominees will be evaluated based on their education, training and knowledge of BLM, the California Desert and the issues involving BLM-administered public lands within Southern California.

Nominations for the California Desert District Advisory Council must be received by Aug. 31, and should be sent to the District Manager, California Desert District, 6221 Box Springs Blvd., Riverside, CA. 92507. The members will be chosen by Jan. 1, 1999. For more information, contact BLM public affairs at (909) 697-5217/5220.

Lemon Grove Sheriff's Log

July 3-4, 1998

2000 blk. Buena Vista. Petty theft. \$50 value.

July 3-6, 1998

6400 blk. Federal Blvd. Grand theft. \$2,500 value.

July 5-7, 1998

7000 blk. Broadway. Commercial burglary. \$500 value.

July 6, 1998

7400 blk. Broadway. Strong-armed robbery. \$3,800 value.

July 7, 1998

2100 blk. Dain Dr. Residential burglary. Value unknown.

July 7-8, 1998

1800 blk. Englewood Dr. Vehicle burglary. \$450 value.

July 8, 1998

7500 blk. Church St. Vehicle burglary. \$200 value.

July 9-10, 1998

7600 blk. Pacific Ave. Vehicle burglary. \$250 value.

July 11, 1998

8000 blk. Broadway. Strong-armed robbery. \$400 value.

July 12, 1998

7700 blk. Broadway. Strong-armed robbery. \$80 value.

PUBLIC NOTICES

Trustee Sale No. 980463 APN No. 480-592-12 NOTICE OF TRUSTEE'S SALE: YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 01/04/95. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 08/03/98 at 11:00 A.M. Action Foreclosure Services, Inc. as the duly appointed Trustee under and pursuant to Deed of Trust recorded on 01/20/95 as Document No. 1995-0027985 of Official Records in the office of the Recorder of San Diego County, California, executed by Felipe Mario Alcantara and Julia Arias Alcantara, husband and wife as joint tenants, as Trustor, Tres Lomas Financial and/or its assignees, as Beneficiary will sell at public auction to the highest bidder for cash, (payable at time of sale in lawful money of the United States, by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this State), at Main Entrance, Scripps Bank Building, 7817 Ivanhoe Ave. La Jolla, Ca 92037 all right, title and interest in the property situated in said County, California, describing the land therein: As more fully described in the Deed of Trust heretofore referred to. The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 8107 Palm Street.

Lemon Grove, Ca 91945 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to wit: \$112,115.38 Estimated. Accrued interest and additional advances if any, will increase this figure prior to sale. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located and more than three months have elapsed since such recordation. Date: 07/07/98 Action Foreclosure Services, Inc. as Trustee, 7817 Ivanhoe Avenue, Suite 300, La Jolla, Ca 92037 (619)551-8855 By: James M. Allen, Sr. President C278822 7/14, 7/21, 7/28 1998

NOTICE OF TRUSTEE'S SALE File No. - 109139 Servicer - FIRST NATIONWIDE #6832953110 Trustor - SR BURK YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 6/28/95. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On August 4, 1998 at 10:00 A.M. Northwest Mortgage

Services, Inc., as duly appointed Trustee under deed of trust executed by Stephen R. Burk, Sharon Burk as trustor, recorded July 6, 1995 as Instrument No. 19950285454 in Book -- Page -- of the official records of the recorder's office of San Diego County, California, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER for cash, or cashier's check (drawn and payable at the time of sale in lawful money of the United States as specified in section 5102 of the Financial Code), at the South entrance to the County Courthouse, 220 West Broadway, San Diego, CA all right, title and interest conveyed to and now held by it under said Deed of Trust in the following described property situated in the aforesaid County and State, Lot 20 of Lemon Grove Addition Unit No. 1, Resubdivision No. 1, in the City of Lemon Grove, County of San Diego, State of California, according to Map thereof No. 3815, filed in the Office of the County Recorder of San Diego County on February 19, 1958, 8340 Robbie Way, Lemon Grove, Ca 91945-0000 APN 503-342-10-00 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said deed of trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the deed of trust, estimated fees, charges and expenses of the trustee and of the trusts created by said deed of trust, to wit: \$166,409.37. Dated: July 14, 1998. Northwest Mortgage Services, Inc., as trustee, 3636 Camino Del Rio North, Suite 200, San Diego, Ca 92108, (619) 528-6688, (619) 387-7728 - Sales Information, By Cindi Stewart, TEAM C, Authorized Signature. ASAP327891 7/14, 7/21, 7/28

CITY OF LEMON GROVE

NOTICE ADVERTISING FOR PROPOSALS

Sealed proposals will be received at Lemon Grove City Hall located at 3232 Main Street, Lemon Grove, California, up to the hour of:

2:00 p.m. on the 11th day of August, 1998 for performing work as follows:

1998 STREET RESURFACING PROJECT

CONTRACT NO. 98-19

PROJECT DESCRIPTION:

The work to be done consists of furnishing all materials, equipment, tools, supervision, labor and incidentals required to complete the above stated project. The work consists of street resurfacing on Broadway and Lemon Grove School District property parking lots, installation of bicycle lanes on Broadway and Lemon Grove Avenue, installation of sidewalk, curb and gutter on Broadway, and slurry seal locations throughout the City.

The bids received will be publicly opened and read at City Hall, 3232 Main Street, Lemon Grove, CA 91945, at the time stated above. Award shall be made by the City Council at a meeting subsequent to the date above set for the opening of bids.

The bid package may be examined at the Lemon Grove City Hall, 3232 Main Street, Lemon Grove

CA. Copies of the bid package and specifications may be obtained by calling Scantech, Inc., at (619) 495-0727 and picking them up at 7283-H Engineer Road, San Diego, CA 92111 for a non-refundable charge of approximately \$20.00. Full size drawings are available for \$10.00. The mailing fee is dependent on the desired method of delivery. All Bidders should direct their questions during the bidding period to Carmen Kusner, John Powell & Associates, Inc. at (760) 753-1120. All work must be completed in seventy calendar days after the commencement date stated in the Notice to Proceed. No bid will be accepted from a Contractor who has not been licensed in accordance with the provisions of Chapter 9, Division III of the Business and Professions Code. The Bidder for this Contract must possess a valid General Engineering Contractors 'A' License. The successful Bidder must have a City of Lemon Grove Business License prior to commencement of work.

The City Council of Lemon Grove hereby notifies all Bidders that it will affirmatively insure any contract entered into pursuant to this advertisement for bids and that minority business enterprises will be afforded full opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color, sex or national origin in consideration for an award.

Attention of Bidders is particularly called to the requirements of wage rates to be paid under the Contract. It should be noted by all Bidders that the current State Prevailing Wage Rate Scale for the San Diego area will be required to be paid by all Bidders under the conditions of the Contract. Specifically, this Wage Scale is the most recent "General Prevailing Wage Determination Made By The Director of Industrial Relations Pursuant To California Labor Code Division 2, Chapter 1, Part 7, Article 2, 3, and 5." It shall be the responsibility of the Prime Contractor to comply with all applicable sections of the California Labor Code including, but not limited to, Sections 1776 and 1777.5.

The City Council reserves the right to reject any and all bids, any combination of bids, or any informality in a bid. Bids must be accompanied by a 10% bid bond as specified in Section 1, General Information for Bidders of the documents. No Bidder may withdraw his bid without forfeiture of his bid bond within sixty (60) days after the actual date of the bid opening.

Prospective Bidders are hereby directed to pay particular attention to the applicable section in the specifications for full directions and requirements as to submittal of bids, bonds and agreements.

Date: July 21, 1998
Charles D. Stuck

Public Works Director/City Engineer

The City of Lemon Grove complies with the Americans with Disabilities Act. If you require reasonable accommodations for this bid opening, contact the City Clerk's Office, (619) 464-6934, at least 48 hours prior to the scheduled opening.

Lemon Grove Review
July 21 & 28, 1998

\$35 to publish your Fictitious Business Name in The Review:
P.O. Box 127,
Lemon Grove,
CA 91946

Guide to martial arts Continued from Page 3

commitment situations for the novice.

- Observe a class. See how the instructor handles the students. Watch the students and try to imagine how you would feel among them. You want to study at a place where you can trust the instructors and feel comfortable with the other students.
- Notice the balance of the class. How many beginners are there compared to advanced students? This is an indication of the instructor's ability to retain students over the years.
- How is the gender and age balance? This indicates the broadness of the instructor's techniques.



- Observe how much individual attention the students get in the class setting.
- Studios with big store-fronts and lots of hours are good for students who need lots of options for class times. You'll pay for the flexibility, because the instructor has a pretty big nut to crack. Some studios require signed commitments, while others teach on a month-to-month basis.
- Individual instructors without storefronts can save you money. But you won't have a lot of choices for class times. You can learn tai chi at Lake Murray for \$30 a month, but you'd better like the crack of dawn!

Coming Next Month:

Guide to Herbal Fat-Burners

Local Authors

When you're all supposed to be on the same team ...

Rules for Reaching Consensus
by Steven Saint & James Lawson

Orders by mail: \$9.00

A great gift for any golfer!

100 Years of Golf in San Diego County
by Norrie West

Orders by mail: \$23.00

Send check or money order with 75¢ postage payable to "Forum Publications" to:
Local Authors, Box 127, Lemon Grove, CA 91946

New!

Free Sports Fitness Recreation Box Ads

Free!

Free reader advertising boxes are now being offered in our six *Tuesday Live* publications. The boxes are limited to sports, recreation or fitness items **ONLY**.

ONLY FIVE BOLD WORDS
Items are limited to 30 words or less. Phone numbers count as one, hyphenated words as two. Our current *Tuesday Live* circulation is at least 5,000 per week.

Forum Publications is not responsible for veracity of boxes, nor for the accuracy of the ads. We will only make corrections if box is to be rerun (separate application) more than once. We also reserve the right to reject any ad and will not guarantee that a particular free ad will be run (we will try).

SAN DIEGO EXTREME GIRLS SOFTBALL seeking competitive 12-year-old fast pitch softball players for fall season. Girls cannot turn 13 before Aug. 31. For information or tryout, call 461-1992.	CAMPER shell, fits '83 Toyota long bed, good cond, \$100; 561-8983	FREE	EXERCISE EQUIP Fitness Outlet New & used models up to 70% off. CALL 760-634-2124.	WE BUY BIKES - CASH 224-2300 Best Prices Pd-South Bay Motor Sports
SPORTS League Coordinator - Roller Hockey - weekends. Organizational & people skills. 442-9623	SPORTS FANS! For the latest on-line sports information www.casino.com	EXERCISE MACHINE Sit N' Fit, like new, as seen on TV, \$75 696-0191	AVAILABLE	'95 KAWASAKI 750XI Super Sport, low hrs, xlnr cond, zinc trlr, accessories. \$4,500/best offer. 592-0712
OLDER sports cards & comic books, lg collection. 258-8417 eves; 669-1931	FREE	COUNSELOR Camp counselors needed at UCSD, now thru Aug. 21. Fitness camp for kids. Call Pam 435-7990	CAMPER SHELL Snug Top, fits '92 Ford SB, \$300; 697-3031	NORDIC TRACK sport model w/heart monitor. \$375. 456-1762
HOLDER 20 . Sport Util Vessel! fully equip'd w/bow poll/asymmetric rig, trlr, many xtras. \$3295. 229-1915.	KEN CAMINITI appearing on Sat. Aug 8, 12 pm at Bernie's Sports Cards. For more info 624-9556	AVAILABLE	TV ACTION SPORTS Production Company needs \$50-100K to expand. Can be loan or percentage of company. Only pvt parties, pls. Have collateral & equipment. 450-3073	BICYCLE Nishiki Sport 10 spd, Sugino, xlnr \$200. 569-6952

To submit an ad use this form provided. MAIL to Forum Publications, Box 127, Lemon Grove CA 91946.

Name _____ Daytime phone _____

BOLD WORDS: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____

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Rec centers and schools give taste of martial arts

by Joe Naiman

Martial arts have their roots in military defense programs, but there are a few differences between the martial arts programs in East County's public facilities and a basic training program in the military.

Fees reduce the expense to the public. Some of the local facilities contract their programs to private-sector entities.

Students receive training from a black-belt instructor rather than from an enlisted drill sergeant.

The following programs are available at East County recreation and senior centers.

Spring Valley

The Spring Valley Recreation Center offers tang soo do for students ages 8 and up, co-ed self-defense for students 11- and up and beginner's karate for students ages 5 through 8. All are nine-week classes.

The co-ed self-defense is a 3-in-1 fitness program which is not affiliated with any particular martial art. The current session meets twice a week, Wednesday and Friday mornings from 10 to 11.

Tang soo do also meets

twice a week, on Tuesday and Thursday evenings from 6:30 to 7:30, while Pee Wee Karate meets from 5 to 5:50 p.m.

La Mesa

The La Mesa Recreation Center offers karate classes for ages 9 years and up.

The classes, co-taught by Pauline Callahan and Abbott Masters, are on Thursday evenings from 6:15 to 7:10 for children and 7:15 to 8:10 for adults.

Children can enroll in the later class with an adult, but an instructor referral is needed to enroll in the intermediate class at that hour.

The 10-week summer session started earlier this month and runs through Sept. 17. Sessions during the school year last 12 weeks; the next one will begin Oct. 1. Fees are \$20 for La Mesa residents and \$27 for non-residents.

El Cajon, Lakeside

El Cajon and Lakeside have no courses of their own, but rent facilities to outside programs. Steve Eakins, who conducts the American

Youth Outreach Program, has a class at the Lakeside Community Center and one at the Wells Park Center in El Cajon.

In addition, there is a class with the Sam Frazier School of Tang Soo Do at the Lakeside Community Center on Tuesday and Thurs-

days for the karate classes and with White Tiger Academy for kung fu and tai chi. The normal sessions are once a week for 10 weeks, although one of the advanced karate classes is twice a week.

Lemon Grove

The Lemon Grove School District's Teens with a Cause program is a taekwondo program for students in the school district. The name "teens" is a misnomer, as it is also open to elementary school students.

Classes are held at Lemon Grove Middle School both during the school year and during summer. The class is held Monday through Friday from 3 to 6 p.m.

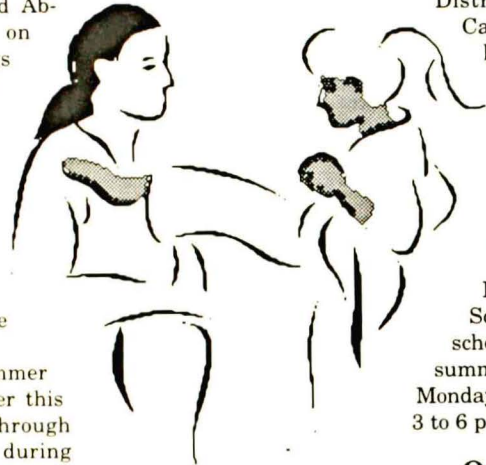
Other classes

The Grossmont Adult Center offers tai chi. The six-week summer classes run through the end of July, but a fall schedule will be available in early August.

Bill Orsini and Leslie Johnson-Leech teach the classes at Foothills Adult Center, La Mesa Senior Center, Wells Park and Lemon Grove Senior Center.

The summer classes are daytime only, some once a week and some twice a week.

The fall classes will be 9-week and 18-week courses and are expected to include evening sessions. The sessions will probably include a class at Helix High School.



day afternoons.

Santee

The Santee Community Center cut its summer classes short so that repairs on the building could be conducted, but information on the fall classes starting Sept. 28 will be available by Labor Day.

The Santee Community Center offers karate for children ages 5 through 17, kung fu for students ages 6 to 14, and tai chi for adults. Santee also offers a karate for two class where an adult takes the karate class with a child.

The city of Santee contracts with Tran Am Karate

East County Recreation Departments

Santee Community Services	258-4182
Spring Valley Parks and Recreation	479-1832
La Mesa Community Services	667-1300
El Cajon Recreation Department	441-1676
Lemon Grove Recreation Center	668-4375
Lakeside Recreation Center	443-4169



The Tao of Competition

Just as there are a multitude of different martial arts schools and disciplines to choose from, so are there many forms of competition within this community.

Some dojos (or schools) concentrate on holding in-house events, limited only to those students enrolled at the academy. Others have these, but also participate in larger affairs, featuring several different schools.

Tournaments can either be closed (one type of fighting), or open, where many forms of (usually) stand-up competition is allowed. It is rare to mix forms like jujitsu (ground fighting) with the more traditional stand up-type karate.

There are three main forms of martial arts competition: Sparring, where two opponents face off for points or to try and knock one another out; kata, where an individual competes with an imaginary opponent in front of a judge or judges measuring his technique, and weapons kata, where one person uses a variety of implements for the same result.

Some of these weapons can include the bo staff, the escrima (two bamboo or rattan sticks), the nunchuka (Americanized as "nunchuks"), the sword and the sai (a two-forked dagger), among other items.

Paul Slush, an instructor with the American Youth Outreach Program, who teaches in La Mesa (the Davis YMCA on Saturdays), El Cajon (the Wells Center on Thursdays) and Lakeside (the Community Center on Wednesdays), is a strong believer in preparing his students, which range from five to 50, for tournament competition.

In fact, the AYOP holds three such events per year, the next coming up in August, tentatively set for San Diego State University.

"It's important to see how they can perform the methods we've taught against other pupils," he said. These competitions are open only to those involved with the AYOP.

Another local studio, Floyd Burl's Traditional American, located at 8955 Carlton Hills Blvd. in Santee, encourages those who desire to participate in tournaments to do so.

"We teach a variety of disciplines," said Matt Baldwin, a second degree black belt and an instructor at the dojo.

He noted that when someone wants to go to a match outside the school, he helps them to prepare, mentally as well as physically for the challenge.

Baldwin also added that the last big tournament was held at West Hills High School, and drew hundreds of spectators and combatants.

Another view, however, is shared by Michael Conniry, owner of two schools in El Cajon (2253 Fletcher Parkway and 2940 Suite I, Jamacha Road) and who has been teaching in the East County since 1968.

He sees a more individual approach to the spirit of competition. He feels it's just as important to strive to improve one's self and practice without the sporting aspect of it.

"If a student wants to participate in tournaments, I won't discourage him," said Conniry, who also teaches women's self-defense courses at Grossmont College.

But he said he prefers, instead, to let the student compete with himself, or others in the program without the structured, scoring aspect to it.

Guide to martial arts

Continued from Page 1

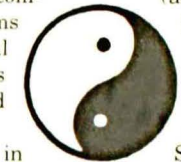
flexibility.

Numerous other forms of kung fu are practiced, many (like Praying Mantis or Choy Li Fut) moving into the external, or hard forms of combat. Kung fu also comprises many forms using ornamental Chinese weapons such as swords and staffs.

featuring high-speed blocks, counter-attacks and spectacular kicking techniques.

Taekwondo is a Korean version of karate, developed in its present form in 1955 (albeit based on ancient techniques). It also specializes in kicking techniques.

Another Korean development is Tang Soo Do, a combination



Kung fu studios in East County include Chinese Martial Arts (La Mesa), Choy Li Fut (El Cajon), Conniry School (El Cajon), Hsing-I (La Mesa), Jeong's (Santee), Kung Fu San Soo (La Mesa and El Cajon), White Dragon (La Mesa and El Cajon) and White Tiger (Santee).

Aikido, which is a modern, Japanese art also based on the deflection of the attacker, is taught at Asian Martial Arts in El Cajon and Arnis in Spring Valley (a combination of Filipino stick-based style "arnis" and "aikido.")

External martial arts include Karate, Taekwondo and Tang Soo Do. Karate was developed at the turn of the century by Japanese (Okinawan) master Gichin Funakoshi, while the other two are Korean.

Karate means "open hand" and evolved on Okinawa from Chinese fighting systems. Funakoshi opened his "dojo" (Japanese for "training place") in Tokyo at the behest of the emperor.

Modern karate emphasizes striking, punching and kicking with devastating force. Karate masters have been known to break wood and bricks with their hands, feet and even heads.

There is a popular competitive aspect to karate, with sparring tournaments that draw from around the globe.

Kempo karate is a Chinese-based fighting system

of taekwondo fighting techniques and Chinese kung fu. Tang Soo Do master Hwang Kee tried to combine karate-type foot movements with the Taoist philosophy of inner virtue.

Karate studios outnumber kung fu schools in East County, with a wide range of styles offered. They include American Colleges of Karate (El Cajon), American Schools of Shaolin Kempo (El Cajon), Burk's Traditional American Karate (Santee), Chinese Kempo (La Mesa), John's Kempo (La Mesa), Norris Ishinryu (Lakeside), Hayashi-Ha (Spring Valley) and White Tiger (Santee).

Taekwondo schools include LeBlanc's Taekwondo Kickboxing Center (La Mesa), Jeong's (Santee) and Sidekicks Martial Arts (El Cajon).

Tang Soo Do is taught by Conniry School (El Cajon), Francis Martial Arts (Lemon Grove), Institute of Tangsoology (La Mesa), Asian Martial Arts (El Cajon) and Tang Soo Do Karate Institute (Spring Valley).

In choosing a martial art to study, consider the following tips:

- Get a feeling for the different arts through local recreation center classes or adult extension courses at the high school or college district (see sidebar). These are relatively cheap, low-

Continued on Page 5



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